Heart attack signs and symptoms include:
• Chest pain or discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
• Pain or discomfort in the shoulder or arm
• Shortness of breath

Women often have different symptoms, which can include:
• Feeling much more tired than usual, for no clear reason
• Heartburn, nausea or a burning feeling that seems unrelated to food
• Lightheadedness or faintness

If you think you or someone near you is having a heart attack:
• Call 911 immediately.
• Do not drive yourself or the patient to the hospital. First responders can start life-saving steps in an ambulance while on the way to the Emergency Room.
• Have the patient stop all activities.
• Loosen clothing, such as ties and belts, that may restrict breathing.

Know the signs of a heart attack

Do you know the signs of a heart attack? Would you recognize if you or someone else were having a heart attack?

Horizon Blue Cross Blue Shield of New Jersey can help you get the care you need when you need it. Visit HorizonBlue.com/doctorfinder if you need help finding in-network care.

NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on http://www.nj.gov/njwell/. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: Centers for Disease Control and Prevention, Kramer Patient Education, WebMD®